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THE EDMONTON UNITARIAN

OFFICIAL NEWSLETTER OF THE UNITARIAN CHURCH OF EDMONTON

SEPTEMBER'S THEME: THE GIFT OF WELCOME

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Land Acknowledgement

In accordance with our principles, we acknowledge with gratitude that we gather on traditional Cree lands that are part of Treaty Six and shared by many nations. A treaty is an inheritance, a responsibility and a relationship. May we be good neighbours to one another, good stewards to our planet and good ancestors to our children.



Sunday Services, 10:30 am

September 3 *Let It Be A Dance* Gordon Ritchie, Service Leader

Have you ever danced the salsa in Church? Today we'll celebrate the significant role that dance plays in our lives. Special guest Jim Deglau will teach us some of the moves that made him a Latin Ballroom Champion. So put on your dancing shoes and let's get ready to rumba!

September 10 *Homecoming:* *Summer Comes to a Close and We Gather Once Again*

Rev. Rosemary

This service will include water communion so be sure to bring your water sample if you have one. Not to worry though if you don't, symbolic water will be available so everyone will be able to take part in this ritual.

September 17 *Hospitality is a Form of Worship:* Rev. Rosemary *From the Babylonian Talmud*

What does radical hospitality even mean, and how can we here at UCE begin to understand it, and live into being radically hospitable? This service will be interactive so bring your ideas and willingness to engage in conversation with one another.

September 24 *Welcoming Change:* Rev. Rosemary *Everything you touch you change, even as it changes you.*

Reflecting on this quote by Octavia Butler will help us complete this month of exploring our theme: The Gift of Welcome. Welcome not only means to welcome others, but to also welcome the unknown, the stranger, even that thing we may fear the most; change itself.

If you would like to join us on Zoom from the comfort of your own home, please use this link:

**[https://zoom.us/j/97779453314?
pwd=VVB1VWF5ZUd0UGU1ZXQ5UGVxb0tXQT09](https://zoom.us/j/97779453314?pwd=VVB1VWF5ZUd0UGU1ZXQ5UGVxb0tXQT09)**

The Gift of Welcome



Hospitality is simply love on the loose.

Joan Chittister O.S.B.

It is no coincidence that our Soul Matters theme for September is: 'The Gift of Welcome.' September is a time when we welcome one another back, be it from traveling, reduced involvement at UCE, or simply taking a break. Joan Chittister suggests that hospitality is 'Love on the loose.' I wonder what she actually means by that. My initial thought was that it is our love of self and others that makes us

desire to have people feel comfortable and maybe even enjoy themselves.

Then...our hospitality could expand to making sure people understand they are not just welcomed, but that they are liked and loved. One more step along the welcome journey could be celebration. What if we became so kind and caring about one another that we wished to take part in each other's triumphs and tribulations, both great and small? What might it feel like if we asked the question actually wanting an honest answer, and not just the cursory, 'I'm fine, thank you?'

In survey after congregational survey, the answer that is most often given to the question: Why do you go to your church/synagogue/mosque/congregation/sangha is: because of the friendships I have made. We are social creatures and we do most things within the context of a relationship. During COVID-19, it was so difficult not gathering and developing our friendships. During this month, and throughout the 2023/2024 congregational year, I would like to focus a lot of my efforts into helping us move back into having gatherings, with the simple goal of building friendships and relationships. To that end, there will be Soul Matters groups, (an adult education curriculum that explores our theme of the month), our monthly gathering of 'UUs on Tap' at various venues in the city, an enriched coffee hour after Sunday Services, and something new this year: 'Fridays are for Fun and Food.' This new event will start on September 15th at 5:30 pm at UCE. Please see the notice in the newsletter for more details.

I am delighted and honoured to be serving the Unitarian Church of Edmonton, and look forward to seeing what amazing and wonderful things can happen when we focus on what is most important: relationships!

In peace,
Rev. Rosemary



Soul Matters

Sharing Circles

Click [here](#) for
September's Guide

submitted by **Louise Charach**

- UCE Adult Education: Soul Matters-Join Up!
- Starts in September
- No Charge
- Indicate your interest to Rev. Rosemary
- We will be divided into groups

Upcoming themes:
Welcome, heritage,
generosity, mystery,
liberating love, justice
and equity,
transformation,
interdependence,
pluralism and renewal

What it is:

Soul Matters Sharing Circle is a network of UUs who follow monthly themes from September to June that link to church themes. It is self study and small group discussion.

Soul Matters overall frame for 2023-24 is "The Gifts of Faith." We will focus on ten UU values and explore their potential to shape us and the world.

My experience

I took a leap to participate last year as I was not clear on what Soul Matter was, but was interested in UCE adult education. (The need for adult education was identified as a need when we did our UCE group work last Spring). We were signed up into groups with a facilitator and at the beginning of each month, we received a package of materials which covered questions, exercises, quotes, articles, videos, books and movies which we worked on independently. At the end of the month, we gathered as a group to share our thoughts. Our group did this on Zoom but there may be an option to meet in person too if there is enough interest.

My recommendation:

What a delight to consider a theme and look at it from several angles. The obvious, the hidden, the thoughts of others ,implications for our own growth and the planet. It is an opportunity to take time for reflection, guided by the comprehensive package which leads you to examine the many layers of the concept under discussion. Spend the amount of time you wish in preparation for the small group discussion. No pressure at all.

Soul Matters is a gift to ourselves and it felt to me as a channel for grace!

NEWS FROM THE UCE BOARD:

- We approved two new UCE members: longtime friend Erica Deneve, and Beth Storheim. Beth helped with our recent casino. Welcome Beth and Erica!
- Our Open Doors tenant has offered to take over care of the front garden. Wonderful!
- Getting involved is the best way to make church membership meaningful. We need more volunteers to help our terrific building and grounds crew. We need people willing to learn the not-hard tech jobs – camera, sound – that happen on Sunday mornings. Interested? Send board secretary Susan Ruttan an email – ruttans@shaw.ca.

Summer is a quiet time in our church, but not in terms of renters. Rentals of the kitchen and other rooms in the church brought in more than \$1,600 during July, which is a real help to our budget. Thanks to our administrator Janet Polkovsky for handling these renters.

WE DID IT AGAIN!

Thanks to the efforts of many donors and volunteers, the UCE Garage Sale hit the \$10,000 mark once more -in fact, our final proceeds were about \$12,552.19. We did have expenses such as supplies, hot dog and pop lunches, and the wrap-up appreciation party. This final report is late - due to my taking a June vacation, during which I broke my arm (which needed surgery) and so some sale items were not dealt with until August. We did well - fortunately we were given several high end items even though we did not have as many donations as other years. And, we have some quality items left for the next Child Haven fund-raiser.

So, thank you ALL. I do hope you will be as keen next year. As many know, we have lost dear Sandra Maygard, an annual, all day volunteer and most convincing seller of jewelry. A memory bench is being planned – see Audrey Brooks or myself to contribute.

See you in church, Donna Hamar



DIRECTORY

The Church Directory is being finalized and please email chadmin@uce.ca to arrange to get your copy.

SEPTEMBER

SHARING OUR ABUNDANCE

SEPTEMBER: CAMP FYRE FLY

Camp fYrefly is a leadership retreat for queer and trans youth ages 14 - 24. In a fun and social environment, campers develop skills that will positively impact their lives, homes, schools, and communities. Educational and art workshops, Indigenous programming, nature, and a supportive team create space for emerging change-makers to learn, explore their identity, and build resilience.



UUS ON TAP, AT A NEW TIME!

5:30 pm, September 25th at
Brewster's in Unity Square:
11620 104 Ave NW

Come and take advantage of the specials that end at 6 pm and catch up on everyone's news.

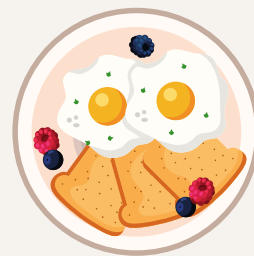
WALKING GROUP



We meet each Friday at 10.30am at the walk site. This is a drop-in group and everyone (including furry friends) is welcome. If you have not joined us before, please call Sheila at 780-243-7581 the day before just in case there are changes.

September Walks:

- 1 Buena Vista Park
- 8 Buena Vista Park
- 15 Mill Creek
- 22 Snow Valley
- 29 Government House



You're Invited!

For several years many of us have met on Sunday's after church at Albert's Restaurant, 10604-124 Street. Anywhere from 6-18 enjoy having brunch together. Feel free to join us any Sunday after the service coffee and fellowship!


Fridays are for Food and Fun!

Friday | September 15 | 6 pm

Wouldn't it be nice to not have to worry about dinner on a Friday night? Rev. Rosemary is inviting you to 'Fridays are for Food and Fun' on September 15th. Rev. Rosemary will provide a pot of soup, coffee, tea, and activities for you to take part in. Could you bring some food to share if you like, a board game or other activity you might like to share, and a desire to have fun. Bring your friends, family, neighbours for this family friendly evening of sharing food, conversation, laughter, and fun.

The atmosphere will be relaxed, casual, and friendly.

Mark off the third Friday of every month for this monthly event. Next one: October 20, 2023.



CHOREALIS

Community + Fun + Music =
Chorealis! First rehearsal is
Thursday, Sept. 7

Chorealis, UCE's mixed voice choir, invites you to join them this year. Our repertoire includes sacred and secular pieces from a variety of eras, cultures, and genres. There's no audition or requirement to read music, just the ability to carry a tune and engage enthusiastically. Rehearsals are from 7:30 to 9 p.m. on Thursdays. Our first practice of the season is on Sept. 8. Please come at 7 p.m. to get your music and find seating. It's going to be a great year!

UCE Photo Album: Picnic Service, Aug 27



CARING CONNECTIONS IS FOR YOU



UCE's Caring Connections Project is way for us to help each other out. All members and friends of UCE may access Caring Connections when you need it.

- Are you laid up in a recliner with your leg in a cast? We can deliver meals.
- Do you need a ride to church occasionally? Someone can drive you.
- Are you bored to tears in a seniors residence with no car and mobility issues? We can send visitors.

If you need help or you know someone who does, contact your Caring Connections Dispatcher Gloria Krenbrenk at 780-668-9166 or ucecares@uce.com. Let us know if someone should receive a caring card in the mail from their UCE friends.

We need volunteer helpers:

- Nourisher – prepare a soup or meal for delivery
- Transporter – give rides or deliver a meal prepared by a Nourisher
- Visitor – Visit as a friend with someone who can't get out much
- Handihelps – simple repairs or advice on home, garden, auto or technology
- Special Offers – something unique to you than can benefit others

To sign up, contact your Caring Connections Dispatcher Gloria Krenbrenk at 780-668-9166 or ucecares@uce.com. Many thanks to those who have already stepped up.

You are never required to respond to a request. All Transporters, for example, will receive an email request and those who can help will respond, then the Dispatcher matches the request with a Caring Connector.

Confidentiality is maintained at all times, except with mutual agreement of the Receiver and Caring Connector. The Minister is informed of all Caring Connections activities.

Any questions contact Gloria 780-668-9166 or ucecares@uce.com.

Shaping Our CommUnity



Vision:

We open doors to all seekers of spiritual growth and nurture positive change for a just and healthy world.

Mission:

UCE Mission is to inspire social justice by questioning the status quo, engaging community and inviting all to the table.

We do this by providing an intentionally inclusive home to:

- nurture spiritual growth and transformation
- foster learning opportunities and outreach experiences
- welcome all age groups
- support action for social justice
- be guided by the principles and sources of Unitarian Universalism

UCE Covenant of Right Relations:

With love as our guide, we pledge to create a beloved community of peace and compassion. We trust our ability to work through conflict. As members and friends of UCE, we agree to:

- Honour and respect diversity in values and beliefs as a source of communal strength
- Be truthful, kind and open minded
- Assume good intent and goodwill
- Listen with open hearts and speak with care even when it is uncomfortable
- Talk to, not about, others
- Accept responsibility for our individual acts
- Address conflict promptly and ask for help when conflict is too difficult
- Be steadfast in support of our community in times of disagreement
- Share the ministry of the congregation through our gifts of time, talent and money
- Express encouragement and appreciation for the gifts of others

The Principles and Sources of our Religious Faith

UU congregations affirm and promote eight principles, which we hold as strong values and moral guides. As Rev. Barbara Wells ten Hove explains, “The principles are not dogma or doctrine, but rather a guide for those of us who choose to join and participate in UU religious communities.”

Our Eight Principles

- The inherent worth and dignity of every person;
- Justice, equity, and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.
- Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions

We live out these principles within a “living tradition” of wisdom and spirituality, drawn from such diverse sources as science, poetry, scripture, and personal experience.

Our Six Sources

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- Wisdom from the world’s religions which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings which call us to respond to God’s love by loving our neighbours as ourselves;
- Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
- Spiritual teachings of Earth-centred traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.
- Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

Please enjoy watching recordings of our Sunday Services again on YouTube or listen as a Podcast on SoundCloud. Just click on the link and don't forget to subscribe while you are there.

Join us in conversation on Social Media

- Facebook Group: <https://www.facebook.com/groups/41659071349/>
- Facebook Page: <https://www.facebook.com/UnitarianChurch/>
- YouTube: <https://www.youtube.com/channel/UCmpm5DXHKM7pRnnzcC75txQ>
- SoundCloud: <https://soundcloud.com/user-189401827>
- Twitter: <https://twitter.com/UnitarianUCE>
- Instagram: <https://www.instagram.com/unitarianuce/>

Please make sure that you continue to update your Zoom account. Zoom regularly updates to release new features and fix bugs. We recommend upgrading to the latest version once it is available. How to update Zoom: <https://support.zoom.us>

Listen Everywhere



We have installed the Listen Everywhere service to replace our aging FM radios. This system will be in use for every service and available everywhere in the Church building and some of the parking lot.

To use the system, you will need to download and install the Listen Everywhere app from the google store, or apple store and you will need to connect to the UCE WIFI (password posted in church). Once you have done both steps, just open the app and start the session. It allows you to listen using your own headset, wireless earbuds, or if your phone is connected to your hearing aids, you will hear it there. Just as if you are listening to a phone call.

We will have people around to help if you need it, please ask.

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Church Office Summer Hours: Wednesday to Friday, 9 am to 2 pm

People Finder

UCE Board: board@uce.ca

President: Brandie Moller

Vice President: vacant

Treasurer, Finance Committee Chair: Andrew Mills andrew@misc.ca

Secretary: Susan Ruttan

Trustees: Marilyn Gaa, Lynn Wolff, Gerard Hayduk, and Zoe Larson

Minister: Reverend Rosemary Morrison minister@uce.ca

Church Office: Janet Polkovsky chadmin@uce.ca

Head Teller: David Rae

Chorealis Choir: Gordon Ritchie, Karen Mills

Church Services: Gordon Ritchie

Lay Chaplain: Marilyn Gaa

Building and Grounds: Alan Boyle

September

09/23

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|--|---------|-----------|----------------------------------|---|----------|
| | | | | | 1 Walking Group 10:30 am | 2 |
| 3 Sunday Service 10:30 am | 4 | 5 | 6 | 7 Choralis Rehearsal 7:30 pm | 8 Walking Group 10:30 am | 9 |
| 10 Sunday Service 10:30 am | 11 | 12 | 13 | 14 Choralis Rehearsal 7:30 pm | 15 Walking Group 10:30 am Fridays are for Food and Fun @ UCE, 6 pm | 16 |
| 17 Sunday Service 10:30 am | 18 | 19 | 20 | 21 Choralis Rehearsal 7:30 pm | 22 Walking Group 10:30 am | 23 |
| 24 Sunday Service 10:30 am | 25 UUs On Tap 5:30 pm @ Brewster's | 26 | 27 | 28 Choralis Rehearsal 7:30 pm | 29 Walking Group 10:30 am | 30 |